

Sibling/partner yells at you for leaving dirty dishes in sink

Death of parent or primary caregiver

Got ill the day of a big work or homework deadline and couldn't finish on time

Wildfire threatens your home

Your place of worship was vandalized

Worrisome feeling is noted; Brief, temporary feelings of discomfort; but able to redirect thoughts, mood, action

Concerns persist for period of more than a day but less than 3 or 4; some physiological impact (more easily startled, some sleep disruption); minimal but notable impact on interpersonal relations

Really upsetting, persistent fear or anxiety; impacts sleeping, eating, thought patterns; significant impact on interpersonal relations

Got in fender bender accident

Were given a book to read that was hard to read or understand

Cut your toe open

Plan for an outing was changed at last minute